Body Shapes

- Ask the children to sit on the floor.
- They should move around the space on their bottoms.
- Shout out a shape command and the children should make that shape:

  Long
  Make a long shape.

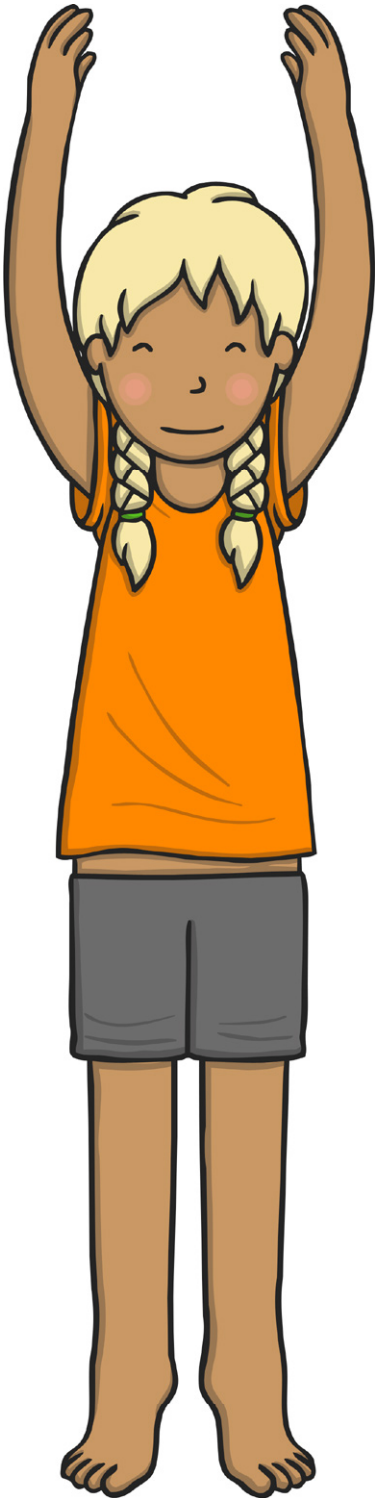
  Wide
  Make a wide shape.

  Tuck
  Bend arms over legs to touch toes.

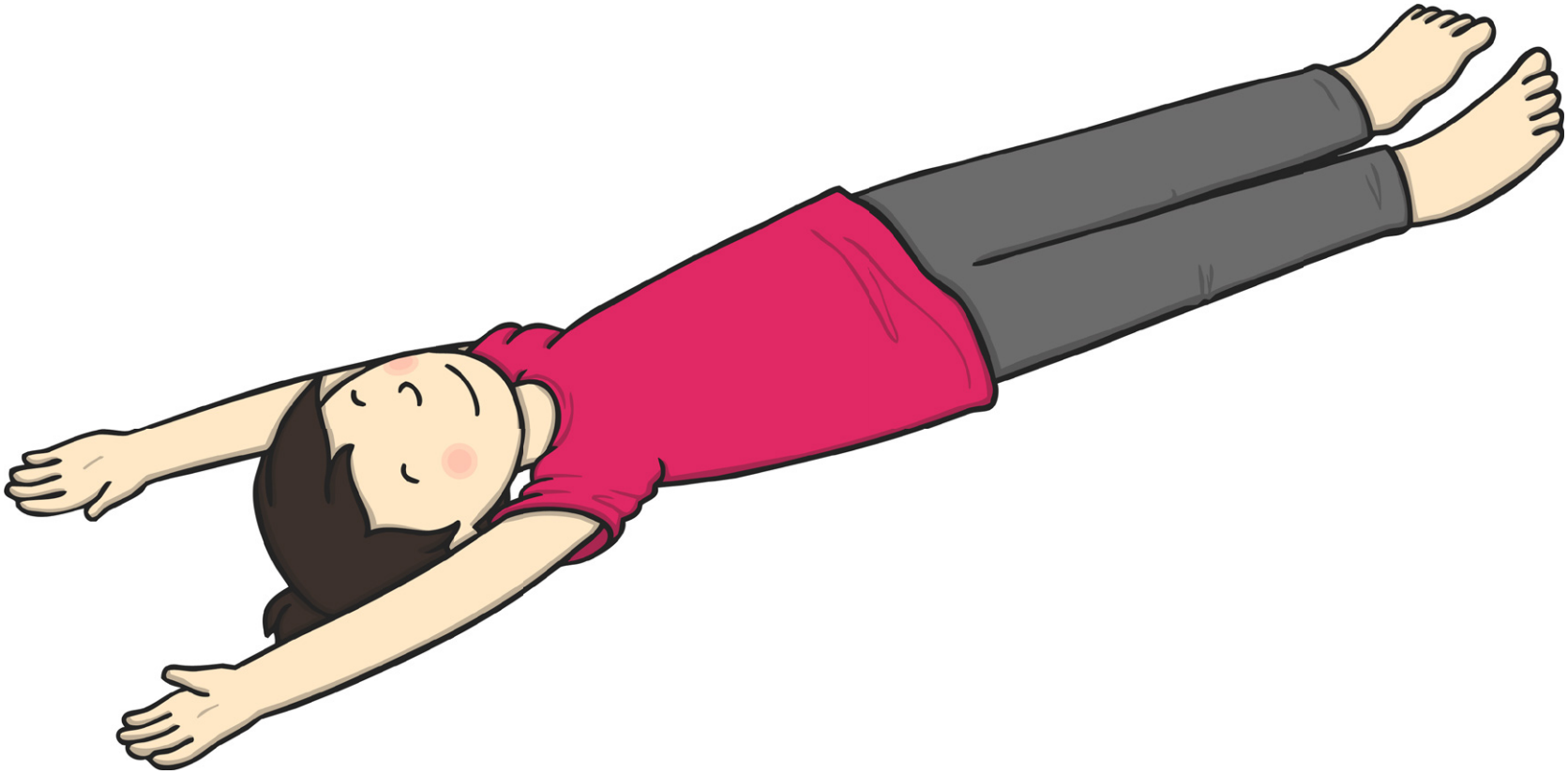
  Flat
  Make a flat shape.

- The cool-down activity should last a couple of minutes.

long



wide

tuck

flat